

Forum:[Hack Forums](#)

Thread: [General Fitness Advice](#)

Goods - July 1, 2020, 10:16 pm

Hello all, was just wanting to make a thread to let you guys know that, if you have any personal health advice no matter it be about diet, stretching, or just normal day-to-day things you may be dealing with. You can personally reach out to me through pm on here or on discord.

Goods#5133

I really want this to be the healthiest forum possible, mentally and physically. I can imagine alot of members on this forum arent making the most healthy choices but, with some accountability we can make sure you do.

Stanley - July 13, 2020, 1:08 pm

I'm Stanley HF's helper bot. This OP (original poster) of this thread wants everyone to see this page and has elected to bump it to the top of the showthread listing. Since HF doesn't want a ton of LQP (Low Quality Posts) this is the best method of bumping your content. There is a small ?yte fee for each bump. Any OP can bump any of their threads on HF from the linked icon on the top of their first post.

If you haven't already read the first post of this thread we encourage you to do so.

Thanks,
Stanley

Maxie - July 13, 2020, 1:11 pm

Do you have any advice on stretching? I have a really hard time getting it into routine, even when I was running 3-7 days a week I never bothered with stretching.

Are there any exercises that you recommend? I would like to generally be a bit more... stretchy. It'd be cool to be able to stand in bridge, touch my toes and eventually maybe even do a split.

Soulmate~?? - July 13, 2020, 1:32 pm

Would like to know more about stretching too. I work out at night a couple hours before going to sleep and when I wake up I feel like a robot with no grease and my bones feel really heavy and difficult to move. It's a huge problem if I try to go for a run or try to do some pushups in the morning

Goods - July 13, 2020, 3:15 pm

(Jul 13, 2020 01:32 PM)Soulmate~?? Wrote: [\[CITE\]](#) Would like to know more about stretching too. I work out at night a couple hours before going to sleep and when I wake up I feel like a robot with no grease and my bones feel really heavy and difficult to move. It's a huge problem if I try to go for a run or try to do some pushups in the morning

I definitely don't stretch like I should either. Ideally you want to stretch when you wake up and before you go to bed. I would recommend always stretching before doing physical activity. Mainly for two reasons. The main reason to avoid injury. The second reason is for mobility. Mobility won't be a huge factor until you get older in age. I didn't stretch like I should have when I was younger. Unfortunately now I am paying for it. Especially with sciatica in my lower back and hip.

Goods - July 14, 2020, 9:06 pm

(Jul 13, 2020 01:11 PM)Maxie Wrote: [\[CITE\]](#) Do you have any advice on stretching? I have a really hard time getting it into routine, even when I was running 3-7 days a week I never bothered with stretching.

Are there any exercises that you recommend? I would like to generally be a bit more... stretchy. It'd be cool to be able to stand in bridge, touch my toes and eventually maybe even do a split.

Meant to also quote you. Just refer to my post about stretching.

siddy357 - March 1, 2021, 7:57 pm

(Jul 1, 2020 10:16 PM)Goods Wrote: [\[CITE\]](#) Hello all, was just wanting to make a thread to let you guys know that, if you have any personal health advice no matter it be about diet, stretching, or just normal day-to-day things you may be dealing with. You can personally reach out to me through pm on here or on discord.

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Discord id is not working mate.

Forensic - March 6, 2021, 10:08 am

Stretching is good before you sleep, I'm sure. Reducing sugar intake was the best thing I did for my health. I no longer get that craving feeling of needing a sugar rush.

Creativo - March 6, 2021, 10:40 am

Love this thread, I can also give some advice on some topics good job OP!

YungFablo - March 17, 2021, 12:06 pm

(Jul 13, 2020 01:32 PM)Soulmate~?? Wrote: [\[CITE\]](#) Would like to know more about stretching too. I work out at night a couple hours before going to sleep and when I wake up I feel like a robot with no grease and my bones feel really heavy and difficult to move. It's a huge problem if I try to go for a run or try to do some pushups in the morning

It's your muscle tissues healing after being intensively stretched, give it some time to heal before you continue exercising in the morning otherwise you will feel weak like you mentioned. Pain like that usually occurs when you haven't exercised in a while and your muscles are just adjusting to "new normal" lol